



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 20023, Cornmeal, yellow, self-rising, bolted, plain, enriched

Report Date: June 27, 2017 03:41 EDT

Nutrient values and weights are for edible portion.

Food Group : Cereal Grains and Pasta

Carbohydrate Factor: 4.03 Fat Factor: 8.37 Protein Factor:2.73 Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 122g
Proximates					
Water	g	12.59	442	0.037	15.36
Energy	kcal	334	--	--	407
Energy	kJ	1397	--	--	1704
Protein	g	8.28	17	0.111	10.10
Total lipid (fat)	g	3.40	2	--	4.15
Ash	g	5.45	17	0.046	6.65
Carbohydrate, by difference	g	70.28	--	--	85.74
Fiber, total dietary	g	6.7	--	--	8.2
Minerals					
Calcium, Ca	mg	361	16	6.875	440
Iron, Fe	mg	5.76	1	--	7.03
Magnesium, Mg	mg	86	1	--	105
Phosphorus, P	mg	804	16	16.370	981
Potassium, K	mg	255	3	48.005	311
Sodium, Na	mg	1247	3	156.251	1521
Zinc, Zn	mg	2.00	1	--	2.44
Copper, Cu	mg	0.150	1	--	0.183
Manganese, Mn	mg	0.498	--	--	0.608
Vitamins					
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0
Thiamin	mg	0.661	1	--	0.806
Riboflavin	mg	0.400	1	--	0.488

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 122g
Niacin	mg	5.291	1	--	6.455
Pantothenic acid	mg	0.425	1	--	0.518
Vitamin B-6	mg	0.540	1	--	0.659
Folate, total	µg	233	--	--	284
Folic acid	µg	176	--	--	215
Folate, food	µg	57	1	--	70
Folate, DFE	µg	356	--	--	434
Vitamin B-12	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	23	--	--	28
Retinol	µg	0	--	--	0
Vitamin A, IU	IU	469	--	--	572
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0
Lipids					
Fatty acids, total saturated	g	0.478	--	--	0.583
16:0	g	0.408	197	--	0.498
18:0	g	0.054	197	--	0.066
Fatty acids, total monounsaturated	g	0.897	--	--	1.094
16:1 undifferentiated	g	0.003	197	--	0.004
18:1 undifferentiated	g	0.894	197	--	1.091
Fatty acids, total polyunsaturated	g	1.550	--	--	1.891
18:2 undifferentiated	g	1.503	197	--	1.834
18:3 undifferentiated	g	0.047	197	--	0.057
Cholesterol	mg	0	--	--	0
Amino Acids					
Tryptophan	g	0.058	--	--	0.071
Threonine	g	0.311	--	--	0.379
Isoleucine	g	0.296	--	--	0.361
Leucine	g	1.015	--	--	1.238
Lysine	g	0.233	--	--	0.284
Methionine	g	0.174	--	--	0.212
Cystine	g	0.149	--	--	0.182
Phenylalanine	g	0.407	--	--	0.497

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 122g
Tyrosine	g	0.337	--	--	0.411
Valine	g	0.419	--	--	0.511
Arginine	g	0.413	--	--	0.504
Histidine	g	0.253	--	--	0.309
Alanine	g	0.620	--	--	0.756
Aspartic acid	g	0.576	--	--	0.703
Glutamic acid	g	1.554	--	--	1.896
Glycine	g	0.339	--	--	0.414
Proline	g	0.723	--	--	0.882
Serine	g	0.393	--	--	0.479
Other					